



Cow

FOOD + BAR

MORNING HOURS:
BREAKFAST: MON - FRI (8 - 2)
BRUNCH: SAT - SUN (8 - 2)

Breakfast Menu

Organic Eggs, *most are with home-fries & toast choice*

- *Farm Eggs, (2) any style9.95
- *Egg(s) Benedict, (2) eggs ..13.25 / (1) egg11.25
- Veg Scramble, *summer squash, tomato, goat cheese*.....11.75
- *California, *poached eggs, avocado, tomato, arugula*13.50
- *Huevos Rancheros, *tortilla, fried eggs, chile*12.50
- *Smoked Salmon Hash, *potato, cabbage, poached eggs*...13.95
- Organic Chicken Sausage Scramble, *mushroom, jack*... 12.95
- Organic Pork Carnitas Scramble, *salsa, avo & tortilla* .. 13.50

Grains & Griddled

- Pancakes, *organic maple syrup*8.50
- Organic French Toast, *strawberries, mascarpone*..... 10.25
- Blueberry Pancakes, *wild blueberry sauce* 11.50
- Organic Oatmeal, *bananas, currants & cream*6.95
- Marion's Cottage Cakes, *organic raspberry sauce* 11.95



Sides

- Applewood-Smoked Bacon, (3) *strips*5.50
- Organic Chicken-Apple Sausage, (2) *house-patties*...5.75
- Pancake, (1) *organic maple syrup* 4.95
- Blueberry Pancake, (1) *wild blueberry sauce* 6.50
- Kid's French Toast, (3) *strawberries, mascarpone*..... 6.95
- Marion's Cottage Cake, (1) *organic raspberry sauce*.....7.50

MIXED DRINKS



- Mimosa, *Prosecco, organic orange juice*9.50
- Wine Mojito, *Albariño, mint, soda*7.95
- Sake Bloody Mary, *Kumosabé, spicy tomato*.....10.95

WINE COCKTAIL SPECIALS !!!

We are here
to feed you !!!

We use Good Groceries.
Menu changes seasonally.

We reserve our rights.
Try our gift cards !!!

Sales tax is added to
all food & drinks sold.

We recycle & compost.
Thanks for your support for the past 19 years ...

*Eating raw or undercooked fish, shellfish, eggs or meat may increase risk of foodborne illness.

How

FOOD + BAR

WE OFFER A HEALTHY
LUNCH & DINNER
MENU EVERY DAY

Summer Menu, 2017 * 215 Church Street * San Francisco * Ph. (415) 552-2469 * jm 6.28.17

ORGANIC

Juices & Beverages



- Apple Juice..... 5.95 / 4.95
- Grapefruit Juice..... 5.95 / 4.95
- Orange Juice..... 5.95 / 4.95
- Morning Blends / Smoothie..... A.Q.

JUICES SQUEEZED TO ORDER !!!

Coffee & Tea



- Organic Tea, Numi, Nspire..... 3.75
- Organic Thanksgiving Coffee, house blend..... 3.95
- Fancy Drinks, *not too fancy!* A.Q.
- Hot Chocolate, *whipped cream* 5.25
- Chai, *coconut or organic milk* 4.50

Morning Bowls

- Fruit, *cashews, coconut & seeds* 8.50
- Organic Housemade Granola 7.50
- Granola, *blueberries, Straus yogurt* 8.95

Organic Fruits



- Side of Fruit 5.50
- Bowl of Fruit 6.75
- Cup of Berries 6.50

Dairy



- Straus Organic Milk 3.95 / 2.50
- Cup of Cottage Cheese 2.95
- Straus Organic Yogurt 3.25

Baked Goods



- Blueberry Muffin 2.95
- Organic Banana Bread 2.75
- Bran Muffin 2.50